



Juanita Pohl Center

Prime Times  
June-July 2018

## Day Fitness Programs

### SilverSneakers Classic\*\*

Have fun and move to the music with a variety of exercises designed to increase muscular strength and range of movement.  
Activity Level: Beginner  
Mon/Wed/Fri • 10-11am  
Tues • 9:45-10:45am

### Silver&Fit Signature Series Lvl 3 Excel\*\*

Level 3 is for very active adults who regularly exercise three or more days per week. This class is designed to increase flexibility, joint stability, coordination and agility.  
Activity Level: Moderate  
Tues/Thurs • 11am-12pm

### Tai Chi: Moving for Better Balance

A slow movement exercise program designed to strengthen the body and improve balance and sense of well-being.  
Activity Level: Beginner  
Wed/Fri 6/27-8/17 • 10-11am  
\$48/Resident, \$60/Non-Resident

### Tai Chi: Yang Style 24-Movement Form

Some Tai Chi experience required.  
Activity Level: Moderate  
Wed/Fri 6/27-8/17 • 8:45-9:45am  
\$48/Resident, \$60/Non-Resident

### Yoga for Veterans

A program for Veterans to come together and learn gentle stretches to ease suffering from combat and post traumatic stress.  
Sponsored by Barhyte Specialty Foods, Inc.  
Sat • 10:15-11:15am  
FREE for All Veterans



#### \*\* Group Exercise Program Punch Card

Participate in a variety of group classes by purchasing a punch card.  
These punch cards are only valid for select fitness classes.

## Evening Fitness Programs

### Dance Fitness

Combines motivating high-energy music with unique moves and combinations.  
Activity Level: All Levels  
Thurs • 6:30-7:30pm  
\$1

### Line Dancing\*\*

Join other dancers and learn some fun Line Dances or just come for the great exercise.  
Activity Level: All Levels  
Fri • 7-9pm  
5 Classes \$25; 10 Classes \$50; 20 Classes \$100



### Meals on Wheels People

The Juanita Pohl Center, through the Meals on Wheels People, offers hot, nutritious meals for anyone age 60 & older, Monday through Friday. Serving begins at 11:30am.  
Meals on Wheels service is also available for homebound seniors. For more information call 503.692.6767.

### Fragrance-Free Awareness

There are many people who experience unpleasant physical effects from scented products and a growing number of people who suffer reactions to these types of products and chemicals. With this information in mind, the Juanita Pohl Center respectfully requests that participants refrain from wearing perfume, cologne and other fragrances while participating in activities. If you have any questions, please contact center staff.



# Juanita Pohl Center Newsletter Prime Times

"Where Active Adults Engage"

June-July 2018

8513 SW Tualatin Road

503.691.3061

Sara Shepherd, Center Supervisor  
Marilyn Brault-Binaghi, Program Specialist

### Hours of Operation

Monday-Friday  
8:00am to 5:00pm

Tuesday  
6:00pm to 9:00pm

Wednesday-Thursday  
5:30pm to 8:30pm

Saturday  
9:00am to Noon

Holiday Closures  
Independence Day, July 4

### Pohl Center Advisory Committee Members

Candice Kelly  
Amanda Ballard  
Connie Dover  
Bob Grable  
Stephanie Jones  
Del Judy  
Kate Lanman  
Bob Leveton  
Susan Noack  
Marilyn Ogorzaly

*Advisory Committee  
meetings are held on the third  
Wednesday of every other month  
at 10am in the Large Classroom.  
The public is invited to attend.  
www.tualatinoregon.gov*

## Sara's Corner

Summer has arrived! I am looking forward to longer days and beautiful weather. With that brings great opportunities to stay active and spend some quality time outside. The Juanita Pohl Center offers a variety of active adult day trips, hikes and regional excursions throughout the year and this summer proves to be one of the most thrilling seasons yet! Highlights include the Oregon Renaissance Faire, Mary Hill Winery, Whitewater Rafting, Oregon Coast Rail Riders, Lost Lake hike and much more! Awaken your sense of adventure and join us on an exciting day trip this summer!

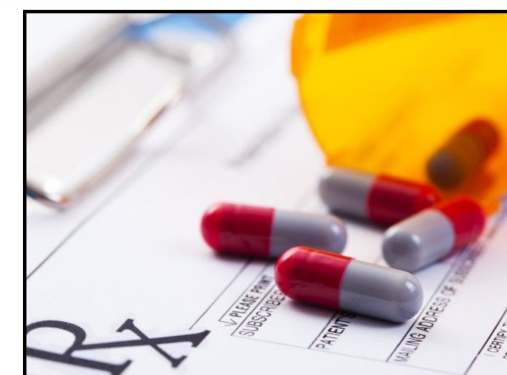


Sara Shepherd,  
Center Supervisor

*Keep Actively Aging!*

## Lunch & Learn:

## Drug Interactions & Older Adults



**Tuesday, July 17**  
**12:00-1:00pm**  
**FREE**

Sponsored in part by:  
**Oswego Place**  
By Bonaventure

Ever wonder if your medications might interact with each other? What if they interact with your diet? Make yourself a list of the medications you take (prescription, vitamins, herbals, etc.) and any additional substances you consume (alcohol etc.) and join us for a catered lunch and presentation by Danielle Backus, an Assistant Professor of Pharmacy Practice at Pacific University who is board certified in geriatric pharmacy. **Pre-registration is required.**

*\*Learn \*Laugh \*Move More*

*\*Learn \*Laugh \*Move More*





## Active Adult Day Trips

### Spring Rose Show & Lunch

Join us for the Annual Spring Rose Show and enjoy lunch at Stanford's at the Lloyd Center.

Friday, 6/8 • 10am-3:30pm  
\$26 Resident/\$33 Non-Resident

### Oregon Renaissance Faire

Enjoy musical and magical entertainment, visit merchants from across the nation and root for your favorite Knights to win the joust.

Saturday, 6/16 • 10am-4pm  
\$19 Resident/\$24 Non-Resident

### Hillsboro Hops Games & Fireworks

Come cheer on the Hillsboro Hops as they face off against Spokane and enjoy a patriotic fireworks show after the game.

Tuesday, 7/3 • 5-10pm  
\$33 Resident/\$42 Non-Resident

### McMinnville Shopping & Farmers Market

Visit the beautiful shops of McMinnville and their annual farmers market and enjoy lunch at McMenamins Hotel Oregon.

Thursday, 7/26 • 10am-3:30pm  
\$24 Resident/\$30 Non-Resident



## Regional Excursion

### Mary Hill Winery

Join us for a private tour & tasting at the beautiful Mary Hill Winery and Vineyard in Goldendale, WA.

Saturday, 7/21 • 9am-6pm  
\$70 Resident/\$88 Non-Resident



## Day Trekkers (Hikes)

### Smith & Bybee Lakes (Easy)

Hike within the biggest wetland park in a U.S. city.

Distance: 2.1 miles  
Thursday, 6/21 • 9:30am-1pm  
\$7 Resident/\$9 Non-Resident

### Ecola State Park (Moderate)

Hike around Ecola Point and have lunch on the coast with a spectacular view.

Distances: 2.5 miles  
Thursday, 7/12 • 8:30am-4:00pm  
\$16 Resident/\$20 Non-Resident



## Programs & Activities



## AQUA AEROBICS

at Marquis Community Center

**Tues/Thurs, 6/5-8/23 3-4pm**

\$45 Resident/\$56 Non-resident

## Lunch & Learn:

*Say What?*  
**Let's Talk About  
Hearing Loss**



Tuesday, June 19  
12:00-1:00pm  
**FREE**

Sponsored in part by:  
**Oswego Place**  
By Bonaventure

Join us for a catered lunch and an educational presentation on hearing health, hearing loss, and new technology in the hearing industry. Presented by Dr. Scott Johnson of Oregon Hearing Solutions. *Pre-registration is required.*



**SAVE THE DATE**

## TRIVIA NIGHT

**THURSDAY AUGUST 16 | 5:30-7:30PM**  
**TUALATIN COMMUNITY PARK RUSTIC SHELTER**  
**FREE - ALL AGES WELCOME**  
**PRIZES FOR ALL PARTICIPANTS**

## MONTHLY MUSIC @THE JPC

**CASTLETOWN DUO**  
**THURSDAY, JUNE 14**  
**11:00AM-12:30PM**  
**AMERICELTIC MUSIC**

**DOM FRANCO**  
**WEDNESDAY, JULY 25**  
**11:00AM-12:30PM**  
**HAWAIIAN STEEL GUITAR**